

(TMI Focus, Vol. XXI, No. 3, Summer 1999)

## **THE SPIRIT'S JOURNEY—THERE TO HERE**

*by Laurie A. Monroe*

In previous articles, I have shared personal stories of the abundant oneness and unity There—in nonphysical dimensions—and the importance of fully integrating the essence of that oneness and unity into our daily lives. Consistently bringing that energy into this physical reality can make a profound difference to humanity. I am convinced that a large portion of the purpose behind our consciousness explorations is to strengthen and widen the bridge between dimensions, dissolve illusions, and clarify our perceptions.

What is the most effective way to use the energy of pure, unconditional love Here, for the benefit of ourselves, and our communities, families, and friends? The easiest way is to simply BE love. In other words, internalize the love energy so completely that it becomes who you are. Imagine yourself as a pebble tossed into a pond. As the pebble strikes the water's surface, ripples effortlessly emanate from the point of entry and flow outward to the farthest shore. In the same way, love ripples out from our inner being.

Recently I felt the effect of bringing this love energy Here and integrating it into my physical being. My guides had lovingly nagged me about my cigarette smoking with words, ROTES, and images for almost six months. I tried to ignore them and sometimes got pretty annoyed. They remained understanding and persistent.

Then, during a consultation with a spiritual astrologer, he quoted my guides verbatim. It was obvious that they had spoken through him in another attempt to get my attention. That very night I met with my guides again. They simply smiled and filled my entire being with pure, unconditional love. I haven't smoked a cigarette since. When the desire arises, a part of me opens to the higher energy and the physical craving dissipates. The sensation is like standing in two worlds—Focus 27 and Here—simultaneously.

This experience led me to examine the inner dimensions of myself more closely. I asked my guides to help me understand how the process works. They showed me how they had opened me to levels beyond even Focus 27. According to them, my healing was primarily on the emotional level of being. They reminded me of my experience in the Healing and Regeneration Center during *EXPLORATION 27*® when I was immersed in pure white light. The longer I stayed within the light, the more I resonated with its vibration—as if I were the light itself. Such connections with higher energies are constant reminders of our multidimensional selves. Embracing this energy flow allows the higher self to take charge and catalyze new levels of perception. Closer attunement with our own guidance opens the way for amazing and wonderful manifestations in our lives Here.

We have all chosen to be Here now for a purpose. The numbers of us who have experienced the energy of totally pure and unconditional love is approaching what my father called “critical mass.” The interdimensional bridge is becoming a magnificent, soaring span—a broad thoroughfare on which love energy from all dimensions can meet and meld into one.

We are responsible for ushering in this energy and helping others to do the same. The words of a participant from a Connecticut weekend workshop, who recently attended a *GATEWAY VOYAGE*®, are a succinct summation: “In our fears, our joys, our truths, and in simple—yet fearless—moments, we dared to walk, dared to share, dared to cry, and dared to embrace one another, for in our mutual experience we discovered the bond of our common humanity. And for now and the rest of our lives, throughout the pages of our journey, we have become a part of each other. For who are we who have traveled so far, in search of the mystical experience—so long yearned for, so long awaited, and so long held within the very fabric and core of our being? Through the GATEWAY we walked arm in arm, one step, one tear, one smile, one hug, and one laugh at a time! Who are we? We are humanity, and out into the world we returned to share, to embrace our individual lives and carry the message that love is all that there truly is!”

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.  
© 1999 The Monroe Institute